

WHO – ASSIST V3.0 HEALTH RISKS

Please consider the following health risks alongside your scored risk levels from the questionnaire.

a. tobacco	Regular tobacco smoking is associated with:
Your Risk of experiencing these harms was... <input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High	Premature aging, wrinkling of the skin Respiratory infections and asthma High Blood Pressure, diabetes Respiratory infections, allergies and asthma in children of smokers Miscarriage, premature labor and low birth weight babies for pregnant women Kidney disease Chronic Obstructive airways disease Heart Disease, stroke, vascular disease Cancers

b. alcohol	Regular excessive alcohol use is associated with:
Your Risk of experiencing these harms was... <input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High	Hangovers, aggressive and violent behavior, accidents and injury Reduced sexual performance, premature aging Digestive problems, ulcers, inflammation of the pancreas, high blood pressure Anxiety and depression, relationship difficulties, financial and work problems Difficulty remembering things and solving problems Deformities and brain damage in babies of pregnant women Stroke, permanent brain injury, muscle and nerve damage Liver disease, pancreas disease Cancers, Suicide

c. cannabis	Regular use of cannabis is associated with:
Your Risk of experiencing these harms was... <input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High	Problems with attention and motivation Anxiety, paranoia, panic, depression Decreased memory and problem solving ability High blood pressure Asthma, bronchitis Psychosis in those with a personal or family history of schizophrenia Heart disease and chronic obstructive airways disease Cancers

d. cocaine	Regular use of cocaine is associated with:
Your Risk of experiencing these harms was... <input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High	Difficulty sleeping, heart racing, headaches, weight loss Numbness, tingling, clammy skin, skin scratching or picking Accidents and injury, financial problems Irrational thoughts Mood swings- anxiety, depression, mania Aggression and paranoia Intense craving, stress from the lifestyle Psychosis after repeated use of high doses Sudden death from heart problems

e. Amphetamine type stimulants	Regular use of amphetamine type stimulants is associated with:
Your Risk of experiencing these harms was... <input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High	Difficulty sleeping, loss of appetite and weight loss, dehydration Jaw clenching, headaches, muscle pain Mood swings- anxiety, depression, agitation, mania, panic, paranoia Tremors, irregular heartbeat, shortness of breath Aggressive and violent behavior Psychosis after repeated use of high doses Permanent damage to brain cells Liver Damage, brain haemorrhage, sudden death (ecstasy) in rare situations

f. inhalants	Regular use of inhalants is associated with:
Your Risk of experiencing these harms was... <input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High	Dizziness and hallucinations, drowsiness, disorientation, blurred vision Flu like symptoms, sinusitis, nosebleeds Indigestion, stomach ulcers Accidents and injury Memory loss, confusion, depression, aggression Coordination difficulties, slowed reactions, hypoxia Delirium, seizures, coma organ damage (heart, lungs, liver, kidneys) Death from heart failure

g. sedatives	Regular use of sedatives is associated with:
Your Risk of experiencing these harms was... <input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High	Drowsiness, dizziness and confusion Difficulty concentrating and remembering things Nausea, headaches, unsteady gait Sleeping problems Anxiety and depression Tolerance and dependence after a short period of use Severe withdrawal symptoms Overdose and death if used with alcohol, opioids or other depressant drugs

h. hallucinogens	Regular use of hallucinogens is associated with:
Your Risk of experiencing these harms was... <input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High	Hallucinations (pleasant or unpleasant)- visual, auditory, tactile, olfactory Difficulty sleeping Nausea and vomiting Increased heart rate and blood pressure Mood swings Anxiety, panic, paranoia Flash-backs Increase the effects of mental illnesses such as schizophrenia

i. Opioids	Regular use of opioids is associated with:
Your Risk of experiencing these harms was... <input type="checkbox"/> Low <input type="checkbox"/> Moderate <input type="checkbox"/> High	Itching, nausea and vomiting Drowsiness Constipation, tooth decay Difficulty concentrating and remembering things Reduced sexual desire and sexual performance Relationship difficulties Financial and work problems, violations of law Tolerance and dependence, withdrawal symptoms Overdose and death from respiratory failure